



STATE OF HAWAII
DEPARTMENT OF HEALTH
P.O. Box 3378
Honolulu, Hawaii 96801-3378

October 2009

Dear Parents:

The Department of Health recommends the following to help protect your child and others from catching influenza (the flu):

Get vaccinated

- Vaccination is the best way to protect your child against the flu.
- Everyone, but **especially** all children **ages 6 months through 18 years** are recommended to receive a **seasonal flu vaccination** every year.
- Also, everyone should be vaccinated with the **2009 H1N1 influenza vaccine**, but the following groups should be first to get vaccinated as soon as it becomes available:
 - Children and young adults 6 months through 24 years of age;
 - People who live with or care for children younger than 6 months of age;
 - Pregnant women;
 - People 25 through 64 years of age who have medical conditions that place them at high risk for complications from influenza; and
 - Healthcare and emergency medical services personnel.

Prevent the spread of germs

- Cover the nose and mouth with a tissue when coughing or sneezing, and throw the dirty tissue into the trash.
- Wash hands often with soap and water, especially after coughing or sneezing. If soap and water are not available, use an alcohol-based hand cleaner.
- Avoid touching the eyes, nose, or mouth. Germs enter the body this way.
- Stay away from people who are sick.

Keep your child home when sick

- Keep your child home from preschool/childcare when sick and until the fever is gone for at least 24 hours without the use of fever-reducing medicines.
- Keep your child away from others to avoid spreading germs.
- Contact your child's doctor for advice on care of your child while sick, especially if your child has trouble breathing, cannot keep down any fluids, seems very confused, becomes unresponsive, or has other symptoms that concern you.
- Check with your child's doctor if your child has other health problems, such as diabetes, asthma or other lung diseases, or immune system problems, which may lead to more serious illness from the flu.

For more information, call 2-1-1 (7-1-1 for hearing impaired) or visit the Department of Health website at www.flu.hawaii.gov. Reducing the spread of germs in preschool/childcare facilities is important for the health of our children and our community. By practicing healthy habits, we can help to stop the spread of germs and contribute to a stronger, healthier Hawai'i.

Sincerely,

A handwritten signature in black ink, appearing to read "Chiyome Leinaala Fukino".

Chiyome Leinaala Fukino, M.D.
Director of Health